

# Blueberry-Dijon Chicken

Submitted by Mark Elder

## Ingredients

4- 6oz chicken breasts  
1 Tbsp. Butter  
Salt and pepper to taste  
½ cup blueberry preserves  
1/3 cup raspberry vinegar  
¼ cup fresh/frozen blueberries  
3 Tbsp. Dijon Mustard

## Directions

Sprinkle the chicken breasts with salt and pepper. In a large skillet, cook the chicken in butter over medium heat for 6-8 minutes on each side or until cooked through. Remove from heat and keep warm. Combine blueberry preserves, vinegar, blueberries and mustard in skillet. Bring to a boil. Cook and stir until thickened. Serve with chicken.

Amount Per Serving		
Calories		302.7
Total Fat		8.6 g
	Saturated Fat	3.0 g
	Polyunsaturated Fat	1.1 g
	Monounsaturated Fat	2.3 g
Cholesterol		113.1 mg
Sodium		384.4 mg
Total Carbohydrate		15.3 g
	Dietary Fiber	0.2 g
	Sugars	13.9 g
Protein		39.5 g